

# LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



**Bingo + Exercise = Bingocize®**



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

COME JOIN THE FUN!

## WHEN:

Twice Weekly  
April 10<sup>th</sup> –  
June 22<sup>nd</sup>

## WHERE:

Gibson Memorial Library  
200 W. Howard Street  
Creston, IA

## TIME:

First Class: 10:30 am - 12:30 pm  
Sessions 2-20: 10:30 - 11:30 am

\*Attendance at First Class is  
REQUIRED to participate

FREE PRIZES!!!

